

Abstract:

My work mainly consists of the questionnaire research, because I'm trying to find out what kind of sport at primary school children is the most popular, what leads to the sport, what types of sports activity prefer and whether they have a positive attitude to sport.

The first part deals with the history of the sport, the analysis of found sources with similar themes, problems of obesity and the impact of technology on youth physical activity. The second part consists mainly of an analysis of individual questions from the questionnaire, from which are drawn the appropriate conclusions.